



## JUNE 1, 2010 CSA DELIVERIES

### Iowa Fresh

Lettuce mix  
Gai lan  
Snow peas  
Fennel

### Small Potatoes Farm

Plan to deliver but no report submitted

### Onion Creek Farm

Plan to deliver but no report submitted

### Berry Patch

Strawberries

## Iowa Fresh Farm Update

April showers bring May flowers and though the showers this year were sparse, the spring flowers seemed to have thrived. This year our irises have been blooming for a week or so solid already and there are no signs of let up. Many a year they look beautiful one day and then the winds blow off the blossoms and knock the plants over the next. I've enjoyed the spring as well. This is the first year since I can't remember when that planting zucchini was almost pleasurable. Even with seeds as large as zucchini, most years they are troublesome to plant. Even with a complete bend at the waist (that gets harder each year!) and gentle trickle off the hand, the seeds are blown all over the place. This year seed placement looks ideal as each hill has a cluster of plants emerging. Ground squirrels seem to have been averted as well. So far so good. This week we added watering to the list of things to do and with the addition of another hydrant outlet this year keeping up seems to be easier than in past years. Still we need Mother Nature to do her thing at least every so often just to give the well a rest and chance to recharge itself.

First plantings of beans are up and the second plantings are slated to begin. The first planting of peas (sugar peas if my memory serves me well) are in full bloom and the second planting of corn is quickly competing with the first. More eggplants, peppers and melons are planned to go in yet before the weekend if all goes according to plan. When those are planted there won't be many open places until crops begin to come out and be replaced again.

What to expect this week?

Lettuce mix  
Gai lan  
Snow peas  
Fennel

With the fennel you might wish to make a salad from the bulb and freeze the fronds (top portion) for this fall to add to your soup bases. Unused vegetables and discarded portions can always be frozen and then a vegetable stock made from these. It makes soup taste like you've been simmering it all day long. Of course soup is best enjoyed when the days cool down.

## To Contact Farm to Folk

If you have questions, please contact:

### Marilyn Andersen

Coordinator

Email:

[marilyn@farmtofolk.com](mailto:marilyn@farmtofolk.com)

[www.farmtofolk.com](http://www.farmtofolk.com)

Phone: 515-388-5501

Cell: 515-460-7273

## Iowa Fresh Farm Update, cont.

I should note that there won't be any garlic scapes Tuesday. The other day walking by I thought I saw some but wasn't paying enough attention. They won't be appearing for a few weeks yet (normally about the 2nd or 3rd week of June). Sorry about that!

Enjoy your weekend!

Bruce

## Berry Patch Update

We have strawberries! In addition, we also have several varieties of blueberry plants for sale. They are in containers —1 yr, 2 yr or 3 yr old plants (\$10, \$20, and \$30 respectively). We provide instructions and a packet of sulfur. You will need to use Canadian sphagnum peat moss to mix with your soil. They will also do well in a large container such as a 1/2 whiskey barrel.

## We Need Volunteers

We are looking for Farm to Folk members and family/friends to help out at the distribution site. Responsibilities include staffing one of four CSA tables or the check-in desk to greet people, help them through the line, and offer food preparation tips. If you'd like to volunteer for a 4:30-6:00 PM time slot, please choose one on our ongoing doodle poll available at

[www.doodle.com/62ztb2isdc2db7gb](http://www.doodle.com/62ztb2isdc2db7gb)

Thanks last week to volunteers Paul Opheim, Teresa Opheim, and Trevor Benn!

## Distribution Notes

### *Site Opens at 4:30*

We would like to remind you that the Farm to Folk distribution site opens at 4:30 PM. We are using the time until 4:30 to set up the site. This includes setting up and arranging tables, displaying and organizing produce, making signs, filling out appropriate paperwork, and communicating among the staff. If you come before 4:30, please wait by the check-in desk at the front door until we are ready to open.

### *Back Door Exit Only*

We are also asking for your cooperation to use the back door as an exit only to improve flow through the site and minimize traffic jams at the refrigerator. Feel free to use the front door by the check-in table as both an entrance and exit.

### *Unclaimed CSA and a la Carte Items Feed Hungry Families*

Each week, unclaimed produce and items including baked goods will be delivered to the food pantry to fill the bellies of hungry families after each distribution as part of our effort to increase access to local healthy food among limited resource families. This does not apply to dairy and meat items for the first week they are unclaimed, which we will continue to save in the refrigerator/freezer. However, if those items remain in the coolers unclaimed by the end of distribution the following week, those items will be removed. As Farm to Folk grows, so too do the number of unclaimed items at the site. Unfortunately, we are no longer able to call you if you forget to pick up your a la carte items or CSA share. Please remember to pick up your shares! If you are running late for any reason, you can usually catch us until 6:30.

Thank you for your understanding and cooperation!

## Girl Scouts Volunteering for On-site Kids' Activities This Week

The Girl Scouts of Ames led by Melissa Murray will be offering kids' activities at Farm to Folk the first week of the month. Bring your kids along to the site while you're picking up your goods, and let the Girl Scouts occupy them by helping them construct pencil and paper pinwheels! The activities table will be set up in the back of the room beyond the a la carte tables. The sample pinwheel we were shown last week is sure to amuse your kids. And if you sharpen the pencil "pedestal," you'll have a toy that's useful too!



### New Farmer News: Sally Hertz with Wild Greens Farm

Marilyn and I returned this evening from a delightful visit with beginning young farmer Sally Hertz at Wild Greens Farms. Located southeast of Nevada at the top of a knoll among lush green trees and rolling hills, the Hertz family farm is a veritable kingdom of quiet cows, peonies, and greens. Look for Wild Greens products a la carte this week and in the coming season. Pictured here are just a few of Sally's crops including pink, purple and white peonies; radishes; ruby streaks mustard greens (my personal favorite) and pizzo mustard greens, all of which we had the opportunity to sample. Look for more information about Wild Greens Farm in future newsletters and the legacy Sally's grandmother's left her in the form of living soil and beautiful perennial peonies.



**Member Helen Gunderson has several varieties of pepper plants to share. Call her if interested at 232-9416.**

## Greens with Parmesan (Fennel and Strawberries Optional)

*Lately, I've been enjoying the complexity and taste of a variety of greens by dressing them simply with a light olive oil and vinegar dressing adorned with shaved fresh parmesan. You could add sliced strawberries from the Berry Patch and/or fennel slices from Bruce for additional flavor.*

*Thoroughly wash and mix tender leaves:*

Lettuce mix  
Spinach  
Spicy greens  
Kale  
Bitter greens

*Whisk together:*

1.5 TBSP apple cider vinegar or balsamic vinegar  
1/2 TBSP fresh lemon juice  
6-7TBSP olive oil  
1 squirt of Dijon mustard (about 1 tsp)  
A squirt of honey or maple syrup (optional)  
Freshly ground pepper

Using a carrot peeler, make parmesan shavings from a wedge of cheese. Top salad greens with dressing and parmesan shavings.

## Shaved Fennel and Pistachio Salad

*Aida Mollenkamp via chow.com*

Fennel is popular as a vegetable in Italy and can be thinly sliced and eaten plain or as part of a vegetable platter. It is often served with just salt and olive oil as a simple appetizer or salad course. Fennel is high in vitamins A and E, calcium and potassium.

3 medium heads fennel, very thinly sliced crosswise about 7 cups  
1/2 cup roasted & salted pistachios, coarsely chopped  
3 tablespoons olive oil  
2 tablespoons freshly squeezed lemon juice  
1 teaspoon finely chopped or grated lemon zest

Combine all ingredients in a large glass or ceramic bowl and toss until fennel is coated. Season well with salt and pepper. Serve immediately or cover and refrigerate up to 1 day.